

A HEALTHIER YOU™
2002 LEGACY AWARDS



**NEWS
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Schools Recognized for Physical Activity & Nutrition Efforts

Gold Medal Schools Program Continues to Recognize Environmental, Policy Changes

(Salt Lake City, UT) – More than a year after the 2002 Olympic Winter Games, elementary schools across Utah are keeping the fire within burning bright. This spring more than 100 schools will be awarded Bronze, Silver and Gold medals for their participation in the Gold Medal Schools Initiative (GMSI), partners with A Healthier You 2002™ (AHY2002) Legacy Awards program.

“AHY2002 was the largest health initiative in Olympic Games history and now will continue post-Olympics by recognizing efforts to promote health in worksites, schools, communities and college campuses,” said Kim Wirthlin, Assistant Vice President for Legislative & Public Affairs with the University of Utah Health Sciences, a partner in the AHY2002 program.

“The AHY2002 program was a cutting edge project for the Salt Lake Winter Games that embodied the spirit of the Olympics,” added Scott D. Williams, M.D., Deputy Director, Utah Department of Health. “It encouraged Utahns throughout the state to adopt a gold medal lifestyle that featured a healthy diet and physical activity.”

Almost 50,000 students will be honored in special assemblies across the state for walking a total of 1,444,770 miles, or almost three times to the moon and back. Each school receives a plaque and a check to purchase new P.E. equipment. Now in 30 of Utah’s 40 school districts, the Gold Medal Schools Initiative encourages schools to establish policy and environmental supports that give both students and staffs more opportunities for exercise, healthy food choices and tobacco prevention. Each school chooses from a menu of criteria developed by the Utah Department of Health and the State Office of Education. The school then has three years to achieve Bronze, Silver and Gold level status by implementing those criteria. Sample criteria include making a policy for at least 90 minutes of structured physical activity per week and requiring that food not be used as a punishment or reward for students.

“Teaching elementary school children about the importance of fitness and healthy eating is just the kind of preventive medicine we need to combat our nation’s obesity epidemic,” said Kris Braak, one of 27 GMSI mentors who work with schools to implement the program.

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In addition to the almost 1.5 million miles walked by schoolchildren, more than 90,000 Utah residents and visitors walked a Gold Medal Mile. The AHY2002 program is offered to four target groups: worksites, schools, communities and college campuses. Worksite awards are given each year in the winter, schools in the spring, communities in the summer, and college campuses in the fall. Each group may qualify for awards by implementing policies, making infrastructure changes and achieving positive health outcomes in five areas of health – physical activity, nutrition, safety, healthy behaviors and preventative screenings.

The 2003 Gold Medal School Initiative medal recipients are:

Gold Plus Level – Beacon Heights, Butler, Gunnison, Horizon, Howell, Perry, South Summit, Washington, Welby, Wellsville, West Weber, Willard, Wilson;

Gold Level – Cascade, Christian Heritage, Discovery, Freedom, Green Acres, Greenville, Highland Park, Hillcrest, Holbrook, Jeremy Ranch, JR Smith, Lapoint, Lomond View, McPolin, Municipal, North Ogden, North Rich, Pahvant, Parley's Park, Parowan, Reid School, Roy, Sandstone, Municipal, St. Paul Lutheran, Tabiona, Trailside, West;

Silver Level – Antimony, Bonneville, Bryce Valley, Canyon Rim, Cottonwood (Emery), Cottonwood (Granite), East Layton, Eastwood, Enterprise, Escalante, Farnsworth, Granger, Hillside, James E. Moss, Lincoln, Midway, Monroe, Morningside, Nephi, Oquirrh Hills, Oscarson, Panguitch, Pleasant Green, Roosevelt, South Kearns, Stansbury, Taylorsville, Twin Peaks, Valley, West Kearns, Western Hills, Woodrow Wilson;

Bronze Level – Ashley, Beehive, Bella Vista, Belnap, Calvin Smith, Castledale, Centerville, Dixie Downs, Draper, Fountain Green, Fox Hills, Hillside, Huntington, Learning Technics, Legacy, North Summit, Park, Riverton, Silver Halls, Spring City, Terra Linda, Vernon, Wasatch, West Jr. High, Westvale, Whittier.

Partners of the AHY2002 Legacy Awards program include: Utah Department of Health, University of Utah Health Sciences, Utah State Division of Substance Abuse and Mental Health, Utah Medical Association, Utah Nurses Association, Utah's Local Health Departments, Utah Hospital and Health Systems Association, Utah Council for Worksite Health Promotion, Utah Public Health Association, The 5 A Day Association of Utah, Primary Children's Medical Center, and the Utah Recreation and Parks Association.

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